

Dear Parent/Carer

Parent/Carer newsletter: Friday 17 June 2022

Year 10 Work Experience

Year 10 work experience has been a resounding success this week with lots of positive feedback coming back from employers. Our pupils have applied themselves really well and have left a very positive impression of themselves and the school. Thank you to all pupils and to Miss Cottam and Miss Lilley for all of their hard work in arranging the week.

Below are some examples of the fantastic feedback we have received:

Euan H was a Trainee Technician at - Rinicom Ltd: "Euan has been a credit to Central Lancaster High School and has demonstrated a real 'can do attitude'

Connor L was a General Assistant at Co-op Foodstores: "Connor's enthusiasm for the role is second to none, if he carries on like this he will be successful in his future"

Owen G was a Trainee Designer at In the Eye Media – "We are really impressed with his creativity."

Ashley W was a Trainee Butcher at Gregory Williams Butchers: "Ashley is a diamond!"

Eden Project North

Architecture students from Lancaster University came into school on Tuesday to work with a group of our pupils to build our very own Eden Dome. We are going to continue to work with the Bay Curriculum and Lancaster University over the coming year to decide how we want to use the dome and perhaps to start growing our own vegetables!



Commitment | Creativity | Community

Principal: Mr J Cowper
The Bay Learning Trust. Registered in England & Wales.
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Part of the
The Bay Learning Trust

Open Mic event

Our next open mic event will take place on Friday 24 June in the hall at lunchtime and the proceeds raised will be donated to the Papyrus charity. Entry for pupils will be 50p. There will be a wealth of talent on show and a special performance to end the event.

End of year Music Concert

Our end of year music concert will be taking place on Thursday 14 July and tickets will be going on sale for this event at the end of June. Please save the date.

Lion King Musical

Letters are available now from Mrs Spence for a theatre trip to see The Lion King musical in Manchester on 1 November at Manchester Palace Theatre. The trip is open to Key Stage 3 pupils. This is a spectacular show however we only have 40 tickets available on a first come first served basis.

Free Breakfast

A reminder that all pupils have access to a free breakfast each morning in our canteen. Breakfast is served between 8.15 and 8.40.

Year 11 examinations

Pupils in Year 11 are no longer required to attend formal lessons. Should parents/carers and pupils feel that they would benefit from revising in school in a more structured environment, please contact Miss Brown as we are providing supervised revision classes. Full details can be found here: <https://www.lancasterhigh.lancs.sch.uk/parents/letters-to-parents>

There are exams still remaining next week, the timetable for the final week can be viewed here: <https://www.lancasterhigh.lancs.sch.uk/students/year-11-revision-and-exams>

Year 10 examinations

Year 10 will be sitting end of year exams in Maths, English and Science week commencing 27 June. These exams will take place in the main school hall and be the first experience Year 10 pupils will have of examination conditions. This will be an excellent opportunity for them to reflect on how well they have prepared and support their teachers to assess their progress.

Please use the following link to our website for an overview of the timetable. Where it is required, subjects outside the core will be holding assessments during lessons. Teachers are working with pupils to prepare them for these exams, and you should begin to see your child preparing at home. <https://www.lancasterhigh.lancs.sch.uk/students/year-10-exam-timetable>

SEND

Term 3 SEND reviews for Year 9 are to be held on either Monday 20th or Thursday 23rd June. A letter has been sent home with further details. Please email Mrs Ainsworth at sainsworth@lancasterhigh.lancs.sch.uk to make an appointment.

Below are some videos and webinars to watch aimed at parent carers of children with autism and/or learning disabilities:

Post Autism Diagnosis workshop (similar to cygnets workshops) [Post ASD Diagnosis Workshop — CAMHS \(camhsnorthderbyshire.nhs.uk\)](https://www.camhsnorthderbyshire.nhs.uk/post-asd-diagnosis-workshop)

A range of webinars on relaxation & Self-help, Anxiety, Autism and sleep, autism and puberty, positive behaviour support, Learning disability, supporting a sibling of a child with Autism/LD. [Helpful Videos for Parents and Carers — CAMHS \(camhsnorthderbyshire.nhs.uk\)](https://www.camhsnorthderbyshire.nhs.uk/helpful-videos-for-parents-and-carers)

There is also a really good page on Autism and Mental health [How to Help — CAMHS \(camhsnorthderbyshire.nhs.uk\)](https://www.camhsnorthderbyshire.nhs.uk/how-to-help)

A reminder:

Special Educational Needs and Disabilities – Local Offer: The local offer brings together information for children with SEND and their families. [Special educational needs and disabilities - local offer - Lancashire County Council](https://www.lancashire.gov.uk/special-educational-needs-and-disabilities-local-offer)

Youth Zone: Join in various activities at Lancaster and Morecambe Youth Centre. Talk to a youth worker for advice and support and have the opportunity to go on trips out around Lancashire. [The Zone in Lancaster - Lancashire County Council](https://www.lancashire.gov.uk/youth-zone)

FIND newsletter Summer 2022: [FIND Newsletter Summer 2022 \(lancashire.gov.uk\)](https://www.lancashire.gov.uk/find-newsletter-summer-2022)

Mental Health and Wellbeing

Think about doing a physical activity - together we can tackle loneliness

Physical exercise can help with loneliness. It can be as simple as having a walk in the park when you're feeling a bit overwhelmed. Try to engage with the people you meet in your daily life.

It can be hard to talk to others when you're feeling lonely. However, trying to connect with the people you meet as you go about your day can be helpful. Even catching someone's eye and saying "hi" as you walk along can make you feel better. Or it could be about saying hello to the postwomen or postman or going to the shops and talking to the person at the checkout. By sharing a polite greeting – you might find you give someone else a positive lift too.

Key dates for the Summer term

W/C 27 June:	Year 10 Exams
Thursday 30 June:	New Intake Evening for Y6 parents/carers
Monday 4 July:	Year 7 Chill Factor Trip
Tuesday 5 July:	Year 8 Chill Factor Trip
Wednesday 6 July:	Year 6 New Intake Day 1
Wednesday 13 July:	Year 6 New Intake Day 2
Thursday 14 July:	Music Concert
Wednesday 20 July:	Jump Rush and Soul Bowl reward trips
Thursday 21 July:	School closes for the summer holiday.

Reading corner

Bedrock Vocabulary 'top' performers:

Year 7:

Greatest improvement: **Brodie R**
Most lessons completed: **Nawaf A**

Year 8:

Greatest improvement: **Sally M**
Most lessons completed: **Leah B**

Year 9:

Greatest improvement: **Dobromir R**
Most lessons completed: **Stanley B**

Praise

Congratulations to Clougha house for receiving the most praise points last week.

1. Clougha **1126 (9.0 per pupil)**
2. Lune **1248 (8.7 per pupil)**
3. Halton **948 (6.7 per pupil)**
4. Storey **908 (6.1 per pupil)**

Congratulations to the following pupils who had the most praise points in the last week:

Year 7	Year 8	Year 9	Year 10	Year 11
Lewis B	Leo G	Hollie H	Charlie M	Not included due to start of exams
Alicia G	Maggie A	Edward Y	Daniel S	
Nawaf A	Kayla D	Gabriel R-S	Oliver N	
Gracie-Mae S	Alfie T	Shane H	Lewis P-P	
Lexi-Leigh S	Eyad A	Haya A	Paige S	

In addition, well done to the following pupils:

Lewis B in Year 7 for his positive attitude towards his art lessons and completing all set work to an extremely high standard. Well done.

Athena in Year 7 - Athena is a pleasure to teach and always keen to get stuck into any set task. Her book presentation is excellent, and I am super pleased with her progress with our new scheme.

James R in Year 8 who has produced an outstanding artist page on David Hockney. His work is beautifully presented and I have used his book as an example to both his peers and other classes. Well done James.

Sana J, Hollie H and **Ayra M** have made outstanding notes in their History lessons this week. They have backed it up really well with contributions to class discussions.

In Design and Technology this week a special mention goes to **Rufaro H** in Year 7 for excellent practical work. For a first attempt at using Perspex, the line bender and files, Rufaro produced an outstanding end result. Well done!

Ronan H in Year 7 who has produced consistently high-quality work in Geography lessons.

Callum P Year 7: Callum often contributes valuable information to Geography lessons which spark wonderful conversations around the topic.

Baily H in Year 8 who did very well in an exam style question answered in lesson about the different types of wave.

Lauren S Year 7: Lauren has impressed me with her written work and created a great piece of home learning in RE on the Five Pillars of Islam.

In Year 9 English, **Brandon L** has had a fantastic week, preparing for a Speaking and Listening presentation. Brandon will be presenting later this term about Basketball and he has shown a real commitment to the task, acknowledging the seriousness of this work. Thank you, Brandon.

In Year 7 Reciprocal Reading **Lilly B, Ella B, Max B** and **Evie D** contributed to an interesting discussion involving the novel "Sky Dancer". Thank you for sharing your views.

In Year 9 English, **Ruby A-T** has produced a lengthy analytical response to a key moment in "Lord of the Flies" and the whole of 9E1 have been sharing their thoughts in a very mature manner. It's been fascinating listening to and reading the different viewpoints the students have. Thank you, Year 9.

Thank you to **Katie D** in Year 8 who has helped a new pupil settle in to school life. You have shown real community spirit Katie – well done.

Thanks to **Alicia G** in Year 7 who demonstrated great creativity this week - she made some lovely bookmarks to share with staff. Thanks for your kindness Alicia!

Well done to **Harley R, Daniel A** and **David A** in Year 8 for great composing skills on musescore and to **Ibrahim S** for a brilliant Salsa music performance.

In Year 9, congratulations to **Liam F** on his outstanding piano performance.

Well done to **Lexie H**, Year 7, for her enthusiasm and commitment to her learning and to **Chae JS, Leon F** and **Freya P** for their commitment to the guitar group.

Well done to the ten Year 9 pupils who completed another section of their Arts Award qualification on Tuesday after school. The last session will take place next Tuesday at 3.15pm in the music room.

Sports corner

Rounders Match Report

On Wednesday 15 June, our Year 8 rounders team travelled to Morecambe Bay Academy (MBA). It was a glorious day and our pupils felt confident going into the game after some brilliant performances in our practice sessions.

After the first innings CLHS were leading 9 runs to 6 runs. Pupils felt confident going into the second innings with some excellent hits from **Ava W**, **Leah B** and **Darniah G** it put CLHS in a good position going into their final innings as fielders. MBA struggled to score rounders with some brilliant teamwork and communication from **Abigail W**, **Demi A** and **Eyad A**.

A fantastic catch from **Caitlin S** at backstop saw MBA's players reduce quickly.

The final score was 16-12 to CLHS making it the 2nd consecutive victory for our year 8 rounders team. Well done to all pupils involved and to **Darniah G** who was awarded player of the match by MBA.

Year 7 Cricket tournament

Our Year 7 boys travelled the short distance to Lancaster Boys Grammar School to take part in the district cricket tournament. For nearly all of the boys, this was their first ever cricket game. They were a credit to the school and themselves and came back 5th out of 6.

For our first game, we played against LRGS and bowled first. **Liam A** managed to bowl their batsman out and then took an awesome catch to put the pressure on. **Jayden P** also bowled really well, making sure that the Grammar score was kept low. It was then our turn to bat. It took the boys a few overs to get their eye in but once they did they were able to hit boundaries and get some runs on the board. In our 2nd game we played against Ripley St Thomas who had a lot more experience than us. They posted a big score and we gave it a really good go, hitting a lot more boundaries but sadly coming up short. Our final game saw us play Bay Leadership Academy and we came away with a win. **Ethan C** getting a quick single with just one ball left in the game.

It was a great experience for the year 7 boys and they will have learned a great deal which we can take into next years competitions.

Attendance

Well done to the following forms for having the highest attendance last week:

Year 7: Clougha
Year 8: Clougha
Year 9: Lune 1
Year 10: Clougha
Year 11: Clougha

Food corner

As we head into the summer, one of the tasks for our KS4 groups was to design a picnic that was quick, could be prepared by children, was healthy and perhaps most importantly was tasty. Below are some of the chosen recipes they went with. Please given them a go at home.

<https://www.bbcgoodfood.com/recipes/picnic-tortilla>

<https://www.bbcgoodfood.com/recipes/pesto-egg-muffin-bites>

Have a safe and enjoyable weekend.



Mr J Cowper
Principal